

Facts About **NATURAL FAMILY PLANNING**



What is natural family planning?

Natural family planning (NFP) is a way of finding out the days you are most likely to get pregnant and then not having sex on those days. Some people call this the “rhythm” method.

How does natural family planning work?

If no sperm are around when a woman releases an egg, then she cannot get pregnant. This usually means that you must not have sex for about five days before and three days after an egg is likely to be released.

How well does natural family planning work?

If you are very careful about taking your temperature and watching for certain body

changes, this method works about 78 to 84 percent of the time. It is less effective than most other kinds of birth control methods available today.

How do you do natural family planning?

There are three basic ways you do natural family planning:

1. The temperature method.

Each morning before you get out of bed, you take your temperature (by mouth) with a special (basal) thermometer and watch for your temperature to go up. This is a different kind of thermometer than the kind you use when you have a fever. When your temperature rises a little on a basal thermometer, it is a sign that your ovary has released an egg.

2. The calendar method.

When you use this method,

you use the calendar to figure out about when your ovary releases an egg. Most women release an egg (ovulate) about two weeks before their next period.

3. The mucus method.

Each day you check the mucus from your vagina (birth canal). Most of the time it is thick and sticky. When it turns clear and looks thin, then an egg is likely to be released.

IMPORTANT:

**IF YOU WANT TO DO
NATURAL FAMILY
PLANNING, ASK YOUR
DOCTOR OR NURSE
TO TEACH THIS BIRTH
CONTROL METHOD
TO YOU.**

CONTINUED ON BACK

Facts About Natural Family Planning , cont.

Why would natural family planning be a good choice for me?

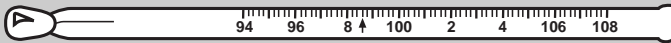
Natural family planning is accepted by most religions and there are no side effects. Except for buying a basal thermometer, there is no cost.

A basal thermometer records from 95 to 100 degrees and has a mark every 1/10 of a degree



Basal thermometer

A regular fever thermometer records from 94 to 108 degrees and has a mark every 2/10 of a degree



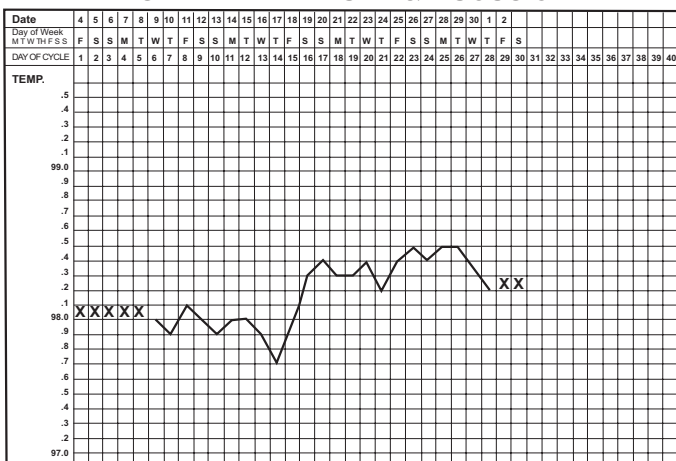
Regular thermometer

Is there anyone who should not use natural family planning?

Natural family planning is not a good choice if:

1. YOUR PERIODS ARE NOT REGULAR.
2. GETTING PREGNANT WOULD BE DANGEROUS OR WOULD CAUSE A SERIOUS HEALTH PROBLEM FOR YOU.
3. IT IS HARD FOR YOU TO KEEP GOOD RECORDS.
4. NOT HAVING SEX FOR ABOUT A WEEK OR MORE EACH MONTH IS A PROBLEM FOR YOU OR YOUR PARTNER.

BASAL TEMPERATURE & MUCUS CHART



Will I have problems if I use natural family planning?

It is sometimes hard to remember to take your temperature and check your mucus each day and to keep a record of every day.

If you get an infection or get sick, it can cause your temperature or your mucus to change and give you a wrong sign. Some medicines you put in your vagina can cause your temperature or mucus to change.

Some people find natural family planning frustrating because you and your partner must not have sex for at least one week each month.

REMEMBER:

This birth control method does not keep you from getting AIDS or any other disease you can get when you have sex. Use a latex condom to protect yourself.

DOCTOR/CLINIC PHONE NUMBER: